

DOCTOR DISCUSSION GUIDE

Managing Herpes

Herpes is an infection caused by HSV (herpes simplex virus). While being diagnosed with herpes can feel intimidating, understanding this condition is the first step towards taking control of its symptoms. Asking the right questions during your conversation will help you know what to expect and how to better navigate your condition. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

HSV-1 (Herpes simplex type 1)	Commonly causes cold sores, but can cause genital herpes. Transmitted through oral secretions or sores on the skin.
HSV-2 (Herpes simplex type 2)	The usual cause of genital herpes, but it also can infect the mouth. An infected person may have sores around the genitals or rectum.
Herpes Labialis	Commonly referred to as cold sores or fever blisters, herpes labialis is the most common symptom of recurrent HSV-1 infection following reemergence of the virus.
Herpes Genitalis	When symptoms are present, a primary HSV-1 or HSV-2 genital infection causes clusters of inflamed lesions and cysts on the outer surface of the genitals resembling cold sores.
Herpes Viral Culture	A laboratory test to check if a skin sore is infected with the herpes virus.
Antiviral	Several antiviral drugs are effective for treating herpes, including aciclovir (acyclovir), valaciclovir, famciclovir, and penciclovir.
Prodrome	The period of time preceding an outbreak of lesions. Prodromal symptoms may include tingling, itching, and pain. Prodrome may occur as long as several days or as short as a few hours before lesions develop.
Herpes Keratitis	A viral infection of the eye caused by the herpes simplex virus.

